

# INDIAN COOKIN'



3 <sup>00</sup> —



# Indian Recipes

Thank the LORD  
Of Harvest  
. . . . .

Bless the WORK  
Of our hands



# The Eternal Flame

A flame carried from Cherokee N.C. to Oklahoma during the Trail of Tears. This flame still burning in both N.C. and Oklahoma is to cause us to remember the flame of love not the flame of hate.

I dedicate this book to my mother Ruby Losey Lambert who taught me to be very proud of my heritage, both Indian and white.

Frances L. Whisler

(Original Psalm used.) Psalm 72:3

The mountains shall bring peace to the people, and the little hills, by righteousness.

A symbol of friendship  
Eternal  
'twixt the Indian  
and the white man

INDIAN COOKIN

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## **Foods of American Indians**

### **Wild Berries**

Blackberries  
Cranberries  
Gooseberries  
Elder berries  
Raspberries

Hackberries  
Strawberries  
Haws-red black  
yellow  
Huckleberries

### **Wild Fruit**

Cherries  
Plums  
Currants  
Persimmons

Grapes  
Pawpaws  
Maple sugar  
Crabapples

### **Fish**

Abalone  
Mussels  
Eel  
Oysters  
Snails

Clams  
Crayfish, crabs  
Frogs  
Salamanders  
Turtles

### **Vegetables**

Artichokes  
Gourds  
Maize corn  
Melons  
Potatoes  
Pumpkins  
Squash  
Beans

Tomatoes  
Sunflower seed  
Wild rice  
Mushrooms  
Toadstools  
Puff balls-green  
Pig weed seed

### **Fowl**

Birds and Bird Eggs  
Wild duck

Wild Turkeys

## Meats

Alligator  
Antelope  
Bear  
Beavers  
Buffalo  
Caribou  
Deer  
Elk

Moose  
Rabbits  
Jack rabbits  
Goats  
Squirrels  
Raccoon  
Opossum  
Muskrats

## Nuts

Acorns  
Beechnuts  
Coconuts  
Coffee tree seed  
Hazel nuts  
Chestnuts

Peanuts  
Pinon nuts  
Walnuts  
Hickory nuts  
Pecans  
Butternuts

## Flowers

Mayapple  
Violet leaves  
Honey locust seed  
Wildcrab apple  
Water lily  
Rue anemone  
Sumac berry tea

Solomans seal  
Trilium  
Primrose seed  
Spring beauty  
Cattails  
Pigweed seeds  
Adders tongue

## Leaves

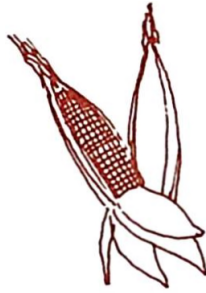
Beech  
Skunk cabbage  
Plant root

Water cress  
Calamus

## **LEGEND OF CORN**

### **Legend of Corn (Maize)**

One hundred (many) years ago the great Kakhawkonty told how the Great Spirit appeared to a wise forefather and showed him the plant, corn. The Great Spirit told him to preserve the two ears on the plant until the next spring, and to plant the kernels. He should preserve the whole crop and send two ears to each of the surrounding nations, with the injunction that they were not to eat any of it until their third crop. The wise Indian did as he was commanded. By this means the corn was distributed among all American Indians.



## **FOOD PRESERVING**

Mrs. John Ross left these instructions.

Flint corn is preferred. Pluck the corn when soft and ready for roasting ears. The outer husks to be taken off, leaving the inner husks. The ears are boiled thoroughly. The inner husks are then pulled back over the corn so as to enable it to be tied up in a bunch. These are then hung on a scaffolding and raised up on poles over a slow fire until it becomes perfectly dry and rather smoked. It takes several days for this process, when thoroughly dry, remove and hang in dry place so as not to mold. When needed for use, grain must be shelled and boiled over again. Cooking will bring it out fresh and soft.



## CORNMEAL

### Old Recipe

Use flour corn. This is skinned with wood ashes. Sieve the ashes, put into iron pot which is full of boiling water. Drop kernels of corn and boil and stir often until thick enough to bubble. Remove corn and take to the branch or use running water over the corn placed in a sieve. After it has been washed thoroughly, let the corn drip dry. While still damp place in the home made corn beater and pound into meal.

### Beater

A beater is made from a hollow log or stump. The beating pole is made from a good size tree and a large section is left at the top to give weight.

### Cornbread for travelers

Since the Indian could not carry their cooking pots and pans, they used what was available. To cook bread the men would cut pieces of bark from a chestnut tree. The dough was put on the inside of the bark and this was placed in front of the fire to cook until done. This was one of the best breads because of the bark and wood smoke.

### Tahquettes recipe for Sweet Bread

Oo-Ga-Na-S-DiGa-Do

Make a dough from flour. As you would make a biscuit. To this dough add some molasses, sugar or honey. Bake this in small or large pones. Eat like cake.

At the first sound of the whipporwill in the spring, the Indian knew it was time for planting.





## BREADS

### Walnut Meal

#### Sc-Di-Se-Lu I-Sa A Su-Yi

Crack dry walnuts and take out the meats. Beat the meats in the corn beater until they are like meal. This may be mixed into corn or beans and cooked until it thickens.

### Salt Rising Bread

#### Sponge:

1 cup milk  
2 tablespoons cornmeal

1 teaspoon salt  
2 tablespoons sugar

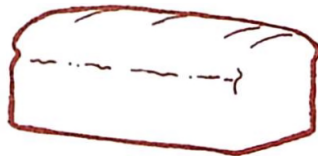
#### 2nd Sponge:

1 cup lukewarm water  
1 tablespoon sugar  
2 cups sifted flour

pinch salt  
2 tablespoons shortening

#### Dough: 2¼ cups sifted flour

Scald milk, cool, add cornmeal, salt, sugar. Pour into bowl, cover put in warm place. Let stand 6 hours or so until gas bubbles cover dough. Then add second sponge. Mix again. Cover and place in pan of water 120 degrees. Let rise until light. Then add remaining flour until stiff enough to knead. Knead for 15 minutes. Shape into loaves. Place in greased pan. Brush tops with melted butter or shortening. Cover and let stand until more than doubled in size. Bake 375 degrees for ten minutes, lower heat to 350 degrees and bake 25 or 30 minutes longer.



## BREAD STUFFINGS

### Cornbread Chicken Stuffing

1 qt. $\frac{1}{2}$ in. old cornbread	$\frac{1}{3}$ cup fat
$\frac{3}{4}$ cup diced celery	2 tablespoon onion
3 tablespoon parsley flakes	
$\frac{1}{2}$ teaspoon salt	pepper to taste

Use fat from chicken or turkey, add celery parsley, onion and heat. Add this to your bread crumbs. Mix lightly but thoroughly (an egg added) is that much better. This fills a four pound chicken. Bake two hours at 350 degrees.

### Chestnut Stuffing

1 quart chestnuts	$\frac{1}{4}$ cup bread
2 tablespoons butter	2 tablespoons cream
Salt and pepper to taste.	

Shell and blanch chestnuts and cook in boiling water until tender. While still hot rub them through a sieve. Add the other ingredients.

How to blanch – With tip of a sharp knife score an X on flat side of each chestnut from the quart. In medium saucepan, cover chestnuts with water; over high heat, heat to boiling, cook 1 minute. Remove from heat. With a slotted spoon remove 3 or 4 chestnuts at a time; shell and skin; then coarsely chop nuts; set aside until ready to add to cornbread ingredients.



Sign of Plenty Food

## Breads

### Chestnut Bread

Peel one pound of chestnuts. (Page 8) Remove the inside skin. Mix with enough cornmeal to stick together. Add some boiling water to make dough. Stir. Wrap in green fodder or shucks. Bake.

### Fried Bread

Make a soft dough, such as 1 cup flour 1 tsp. baking powder, pinch salt and a little grease. Add enough milk to mix. Cut this together. Drop by spoonful into hot grease, let fry until brown and crisp. Serve hot.

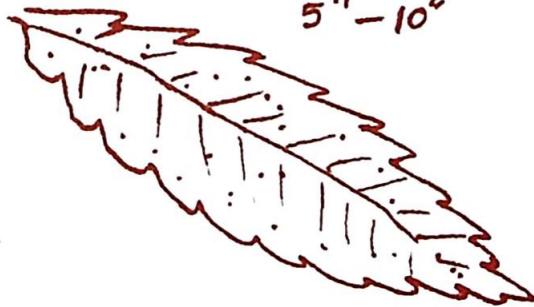
### Cornmeal Gravy

Fry some meat (4 pcs. side meat) Have enough grease to cover cornmeal. Add about  $\frac{1}{2}$  cup of meal, salt to taste. Brown the meal in grease until light brown. Add  $2\frac{1}{2}$  cups of milk, stir and let boil until thick. Serve hot over any bread.



chestnut leaf

5" - 10"



## BREADS

### Indian Bean Bread (Early Settlers)

4 cups cornmeal  
½ teaspoon soda  
2 cups cooked beans  
2 cups boiling water  
(notice soda is used in place of lye water)

Put cornmeal in bowl, mix in drained beans. Hollow out a hole and put in soda and water. Make stiff dough enough to form balls. Drop balls into pot of boiling water. Cook about 45 minutes or until done. Serve with cooked greens and pork.

### Hush Puppies

Sift: ¾ cup cornmeal ¼ cup flour  
1 teaspoon baking powder pinch salt

Beat: one egg

Add 6 tablespoons milk  
2 tablespoons grated onion

Stir the liquids all into cornmeal mixture and drop spoonfull at a time into deep fat or salad oil. 315 degrees. Cook until golden brown. Makes about 12.

### *Indian Prayer*

*Here needy he stands,  
And I am he.*

## **BREADS**

### **Cornmeal Fingers**

1 cup yellow cornmeal  
1 ½ Tbsp. salt  
¼ cup grated cheese (swiss)  
¼ cup soft butter  
4 cups water

Add cornmeal, gradually to boiling, salted water, stirring constantly. Cook 20 minutes, Turn into a buttered 8 inch square pan and chill until firm. Cut into strips 1 inch by 2 inches, split each strip in half, spread with butter and sprinkle with cheese. Put the halves together again and butter the top, sprinkle again with cheese. Place on a buttered sheet and bake at 400 degrees for 15 minutes or until brown.

### **Mush A-Ni-S-Ta**

Add to pot of salted boiling water enough cornmeal to thicken and this should cook until meal is thoroughly done and mushy. Serve with milk or butter. Or it may be sliced when cold and fried.

### **Baked Grits**

Cook grits according to regular method. (or use fine instant grits) Season with salt, pepper and small amount of milk. Place in greased baking dish, top with grated cheese. Bake at 350 degrees.

### Ginger Bread

1 cup shortening  
½ cup black molasses  
½ tsp. salt  
2 cups flour  
1 tsp. ginger

1 cup sugar  
2 eggs  
¼ tsp. Soda  
1 tsp. baking powder  
1 tsp. cinnamon

Mix all ingredients, add one cup boiling water. Stir well. Bake slow in large pan 300 degrees for 45 min.

Eagles Nest Gift Shop Cherokee  
Althia Allison

### Crusty Bread

½ stick butter  
2 tsp. baking powder  
1 cup cold sweet milk  
1 egg

1 cup cornmeal  
1 Tbsp. flour  
2 tsp. sugar  
pinch salt

Preheat oven to 425 degrees. Place ½ stick butter in 9 x 5 plan. Place in oven and melt butter. Do not burn. Mix flour, baking powder, salt and sugar, add cold milk and egg, beat together for 1 min. Pour into the hot pan of butter. Bake 25-30 min.

Tested many times by the family of:

Betty Walkingstick Elder  
Coolwater Gift Shop



## **Breads**

### **Ash Cake**

(Soda is used where earlier  
lye water was used)

2 cups cornmeal  
 $\frac{3}{4}$  tsp. soda

1 cup buttermilk  
 $\frac{1}{3}$  cup fat

Enough water to make thick dough when mixed with above. Salt to taste.

Make a hole in center of ashes of hot fire -- rake down to hearth -- place the dough in the hole. Let it make a crust and cover with hot ashes and embers. Bake to suit taste.

### **Gritted Breads**

Pull corn that is just a little too hard for roasting ears. Grit this corn on gritter. Make the gritted meal into plain bread or mix with beans. Mix with a little grease and stir in a liquid (milk or water or bean soup). Bake in oven or on leaf or as ash cake. If the plain bread was baked real done, it would last a week in most any weather.

## **BREAD**

### **Cracklin Bread**

2 cups cornmeal

1 cup cracklins

1 tablespoon salt

Enough hot water to make into dough thick enough to shape into small loaves. It's better to use cracklins with the least fat, and be sure to break them into small pieces. Bake in a moderate oven. 400 to 450 degrees for about 45 minutes.

(Cracklin is fried pork skins)



## Relishes

### Cole Slaw

1 Tbs. sugar    1 egg    paprika  
2 Tbs. mayonnaise     $\frac{1}{4}$  tsp. salt  
 $\frac{1}{4}$  cup vinegar    2 Tbsp. melted butter  
 $\frac{1}{4}$  cup light cream  
4 cups shredded cabbage    pepper

Combine sugar, mayonnaise, salt and pepper. Beat egg, add melted butter and cream. Mix well. Add vinegar very slowly, cook over hot water in double boiler stirring all the while until mixture thickens. Chill. Toss shredded cabbage and dressing. Garnish with paprika

### Potato Salad Dressing

Beat 3 eggs with  $\frac{1}{2}$  cup sugar and  $\frac{1}{2}$  cup vinegar, add 2 tablespoons butter, one teaspoon dry mustard,  $\frac{1}{2}$  teaspoon salt and pepper to taste. Cook in a double boiler or over low heat until thick. If it gets too thick, thin it with some cream.

### Easy Dill Pickles

1 grape leaf  
1 clove garlic  
1 hot pepper  
1 rib celery cut small  
1 head of dill

Place all these ingredients in a quart jar, finish filling jar with sliced cucumbers. In saucepan combine 2 quarts water and 1 quart vinegar,  $\frac{3}{4}$  cup salt and boil 5 minutes. Pour over cucumbers and seal. Let stand 2 weeks.

## Relishes

### Pickled Beans

Mix  $\frac{2}{3}$  cup lemon juice,  $\frac{1}{2}$  cup of oil, 2 teaspoons salt, pepper, 1 teaspoon dry mustard,  $\frac{1}{2}$  cup pearl onions. Add to 1 pound green beans (cook slightly.) Place in a crock. Let stand 4 days.

### Pickled Peaches

One pint cooked peach halves. To the syrup add  $\frac{3}{4}$  cup firmly packed brown sugar,  $\frac{1}{2}$  cup vinegar, two 3" sticks of cinnamon, 1 teaspoon whole cloves, 1 teaspoon all spice. Boil 5 minutes Add the peach halves and simmer for another 5 minutes. Chill in syrup several hours or over night. Very good with meats.

### Frozen Slaw

1 med. head of cabbage shredded. Put one teaspoon salt over it. Mix well and drain. Add 1 carrot and mango chopped fine. Boil 1 c. vinegar 1 tsp. mustard seed, 1 cup sugar, 1 tsp celery seed; Cool. When cool pour over vegetables , mix well. Freeze (may be kept for weeks)



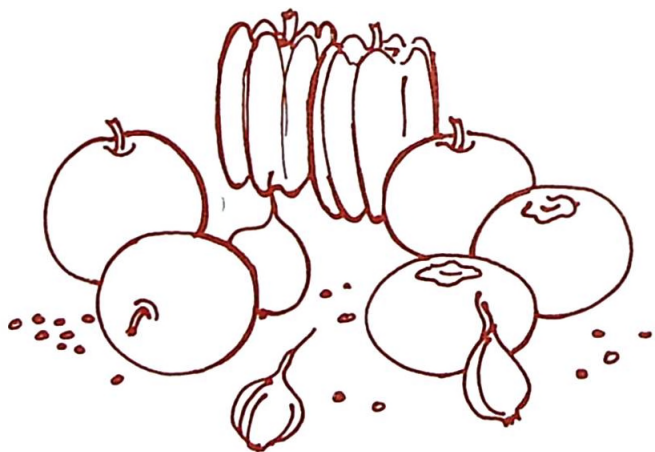
## Relishes

### Apple Relish

Grind 2 hot peppers and 5 onions. Add 1 Tbs. salt. Add one cup boiling water. Let this stand 15 minutes and drain. Add 14 large red apples that have been chopped with the skins left on (cores removed), 1 quart vinegar, 1 cup sugar and in a cloth bag a tablespoon of whole spice, a tablespoon of cloves and a stick of cinnamon. Cook together for 15 minutes, remove bag of spices. Store in sterilized jars with seal.

### Green Tomato Pickle

Chop a peck of tomatoes, 3 onions, a gill ( $\frac{1}{4}$  pint) of horse-radish, 3 green peppers; put these in a cloth bag or sieve and drain dry. Salt in layers and let this stand over night. Drain. Scald vinegar, and pour over it. Let stand two or three days; drain again. Mix a quart of vinegar, one tablespoon black pepper, one tablespoon all spice, 3 ounces of ground cloves, three ounces of mustard and a gill of mustard seed. Bring to a boil. Pour over the pickles and let stand. May be put in jar and sealed.



## **VEGETABLES**

### **Artichokes**

#### **Gu-Ge**

Gather artichokes, wash off dirt and eat raw with salt.

### **Watercress**

Gather, wash thoroughly, eat raw with salt or wilt with hot grease and a little sweetened vinegar.

This is Indian Salad - a water leaf of Eastern U.S. - divided leaves - flowers are white or violet.

### **Cabbage**

#### **S-Que-Wi**

Wilt cabbage in small amount of grease, add some pieces of green pepper and cook until cabbage turns red. Serve with cornbread.

### **Parched Corn**

Put hot ashes in a pot, put in the kernels, stir until brown. Clean ashes off with leaves or cloth, beat corn in beater. Make soup by stirring large pieces in boiling water, cook until done.

This kind of dried corn was wrapped in pieces of leather and carried on the hunt. The hunter could live several days on this diet.



## **Vegetables**

### **Mushrooms**

Di-Wa-Li-

Gather mushrooms, wash, par boil, wash again. Remove slimy part, fry in grease. Butter of course is best.

Do not gather mushrooms unless you can tell them from the poison ones.

### **Dried Cabbage**

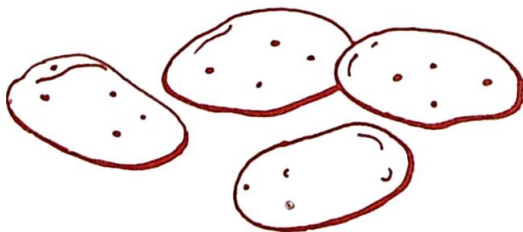
O-Ka-Yo-Su-I S-Que-Wi

Quarter cabbage, spread it out in the loft to dry. Store in dry place all winter. When ready to eat it: parboil, wash, and cook again with whatever seasoning you like or have handy.

### **Irish Potato**

Dice the raw potato, roll in a dish of cornmeal, season with salt and pepper. Fry this in plenty of hot grease.

Indian Potato - several American plants with edible tuberous roots.



## Vegetables Sweet Corn Puddin

10 or 12 ears corn  
1½ tablespoon sugar  
1 quart whole milk  
salt to taste

2 tablespoons flour  
1 tablespoon butter  
3 eggs

Grate corn and mix with milk. To make smoother, run through colander. Work flour and butter creamy, then beat in sugar and egg yolks. Add beaten whites. Put into corn and milk mix and salt to taste. Bake. If you like it sweeter, add sugar and cream.

## Ramps Wa-S-Di

(A smelly business but good)

Ramps grow wild in the mountains and are of the lily family. Fry them with eggs, bacon or ham.

## Creases

Pick plant when it is tender, wash boil, then fry in grease.



### **Creamed Potatoes**

2 c. diced raw potatoes

1½ tbsps. butter

1½ tbsps. flour

1 tsp. salt and pepper

1 cup milk

Cook potatoes in boiling salted water until tender. Drain. Melt butter in a saucepan and blend in the flour, salt and pepper. Gradually stir in the milk and cook over low heat until thickened, stir often. Add the hot diced potatoes to the sauce. Serves 4 people.

### **Leather Breeches**

A-Ni-Ka-Yo-Sv-Ili Tsu-Ya

Break beans and string on a thread, hang in the sun or warm place to dry. To prepare they should be par-boiled, washed, removed from the string and cooked with salt or other seasoning until done.



Spring flowers  
are more apt to  
face South



### Turnips

Peel turnips and cook in salted water until tender. Drain; add lump of butter, 1 tablespoon flour, a pinch salt and pepper, and cook with a little milk or cream (about 1 cup) until liquid thickens. Serve hot.

### Squash Fluff

1½ cups milk	1 tablespoon brown
2 eggs	sugar
2 cups cooked squash	salt, pepper

Mash the squash, add milk, sugar seasoning and beaten egg yolks. Beat egg whites and fold in. Place in a baking dish and dot with marshmallows.

### Sweet and Sour Red Cabbage

3 slices of bacon, diced and crisp  
6 cups shredded red cabbage  
3 cloves      salt      pepper  
¼ cup brown sugar      dash cinnamon  
3 Tbs. vinegar  
2 peeled sliced apples  
cup boiling water

Remove bacon and fry cabbage with salt pepper, cloves and apples. Add hot water. Cover and cook gently 15 min. Blend flour, cinnamon, brown sugar, and vinegar. Add to cabbage. Heat until thick, add bacon, serve hot.

## **Vegetables**

### **Red and Green Mixit**

4 small zucchini squash	1 clove garlic
4 tomatoes	2 tablespoons
4 bell peppers	olive oil
4 onions	3 tablespoons
1 eggplant	lemon juice
2 teaspoons sugar	salt and pepper

Peel and slice zucchini, tomatoes, onions, eggplant. Seed and quarter the peppers. Mince garlic. Heat olive oil in a large pot. Add vegetables and then put seasonings in layers. Cook slowly 50 to 60 minutes. Stir gently occasionally. Serve hot or cold Serves 6-8

### **Succotash**

1 pint precooked green beans	1 pint of tomatoes
1 pint of precooked kernel corn	meat drippings

Cook all together with a little minced onion, salt, pepper.

### **Scalloped Potatoes**

6 medium white potatoes    lump of butter    salt    pepper, to taste. A little flour and a cup of milk.

Wash, pare and slice thin the raw potatoes. Arrange in layers in a greased baking dish. Season each layer with salt, pepper, and dust lightly with the flour. Dot with butter. After putting in the potatoes add enough milk to come to within 1 inch of the top of the potatoes. Bake 1 hour at 350 degrees.

## **Vegetables**

### **Green Beans with Tomatoes**

2 tablespoons butter	1 tsp. salt
2 tablespoons chopped onion	1 minced
2 Tbsp. chopped parsley	garlic clove
4 medium tomatoes peeled and chopped	
2 Nine oz. pkg. frozen green beans or a jar of your own canned beans (thin sliced).	

About 25 minutes before serving:

In medium skillet over medium heat in hot butter, cook onion and garlic until tender (about 5 min.) Add the tomatoes and salt and simmer, covered 10 minutes. Add green beans; cook until heated through. Sprinkle with chopped parsley. Serves 6

### **Scalloped Cabbage**

1 med. head shredded cabbage  
2 cups med. white sauce  
1 cup grated cheese

Cook cabbage covered for 5 min. in an inch of boiling water with 1 tsp. salt. Cabbage liquid may be used in white sauce. Place cabbage in baking dish and pour sauce over it. Top with the cheese (or bread crumbs) bake 20 min. at 375 degrees. Serves six.

Add diced ham or quartered boiled eggs and you have a whole meal.

Indian Summer - is mild weather in late autumn - sky is clear - horizon may be smoky.

## Vegetables

### Sauerkraut

Trim off outer leaves of white cabbage and wash heads thoroughly in cold salted water. Shave it fine on a cabbage cutter, throw away the tough stalks or reserve for pickling separately.

To each peck of cabbage allow a pint of fine salt. Wash the outer green leaves of the cabbage in cold salted water, use these to line a wooden tub. Put the cabbage into tub in layers with the salt sprinkled through. Beat it all until it is tightly packed down. Place a board over the top of tub (or large crock). Weight the board with a heavy stone.

Let this stand for at least six weeks. Be sure it is placed where it can run over without damaging anything.

This is now ready for use or to be sealed into jars.



or - Cabbage



## **Vegetables**

### **Tomato Fritters**

2 cups tomatoes (green or near ripe)

1 cup cornmeal

$\frac{1}{2}$  tsp. salt

Mix ingredients into tomatoes and fry brown in a hot pan of grease. Makes eight pones or fritters.

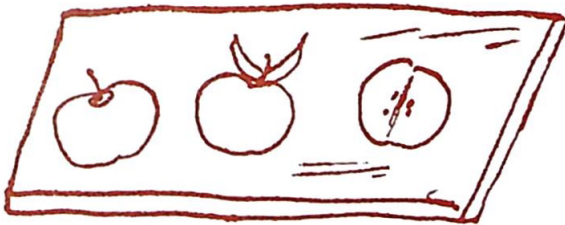
### **Eggplant Fritters**

Put eggplants into cold salted water (whole). Boil until it can be pierced with a fork. Peel, mash and season with salt, pepper and butter. Add one beaten egg and 2 or 3 tablespoons of flour. Drop by spoonfuls onto hot greased griddle.

Squash may be used in place of eggplant

### **Baked Tomatoes**

Wash tomatoes and cut in two. Place on broiler with cut side up. Sprinkle with bits of butter and grated cheese, salt and pepper. Broil or bake until tender.



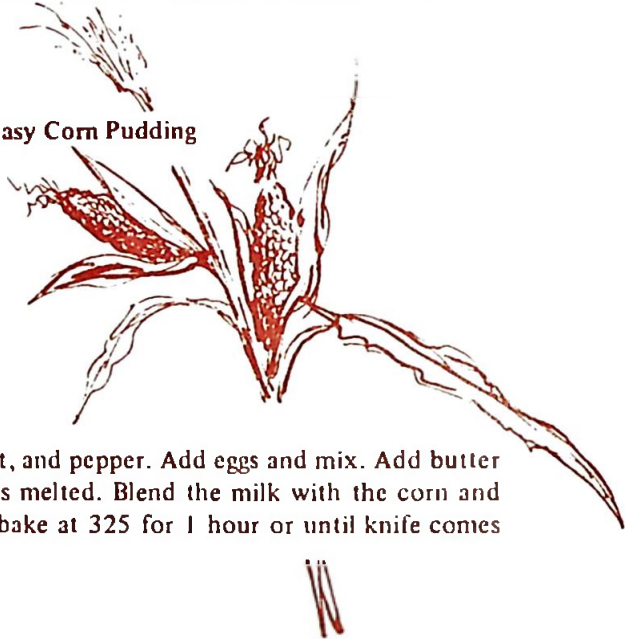
## MORE CORN

This is a yummy that can be found at Ed Cope's Coffee Shop.

Take from your freezer as many ears of corn as you want to serve. Have your deep fat ready at frying temperature. Just drop in the ear and fry to a nice golden color. May be wrapped in aluminum foil to serve, or use skewer.

### Easy Corn Pudding

2 cups fresh corn  
3 eggs slightly beaten  
2 tsp. sugar  
2 Tbsp. butter  
1½ tsp. salt  
pinch pepper  
2 cups milk



Combine corn, sugar, salt, and pepper. Add eggs and mix. Add butter to milk, heat until butter is melted. Blend the milk with the corn and egg. Put into baking dish, bake at 325 for 1 hour or until knife comes out clean.

### Fried Sweet Potatoes

Peel and cut sweet potatoes. Put fat in skillet, keep turning potatoes. When almost done, add 3 to 4 teaspoons brown sugar and ¼ cup sweet milk. Place on low heat, let simmer until done.

## **Vegetables**

### **Tomato Fritters**

2 cups tomatoes  
1 cup cornmeal

Salt  
Pepper

Mix ingredients into tomatoes, shape into pones and fry brown in a hot pan of grease. Make about eight fritters.

### **Fried Okra**

4 cups of okra cut crosswise.  
Salt and pepper  
1 cup cornmeal

Tumble the okra in a bowl of the cornmeal. Season with salt and pepper. Sautee in a heavy skillet with four tablespoons of bacon drippings. This should cook in about 10-15 minutes. Use medium heat.

Green tomatoes may be fried in the same manner.

### **Glorified Carrots**

2 eggs, beat slightly  
12 med. cooked carrots  
2 cups crushed corn flakes  
¼ cup brown sugar  
1 Tbsp. lemon juice

2 Tbsp. milk  
¼ cup butter

Mix eggs and milk. Dip carrots in and then into corn flakes. Brown lightly in the butter in skillet. Sprinkle with brown sugar and lemon juice.



## Vegetables

### Maple-Candied Sweet Potatoes

2 29 oz. cans sweet potatoes, drained

½ cup packed brown sugar

½ cup maple syrup

¼ tsp. cinnamon

¼ tsp. salt

2 Tbsp. butter

About 1 hour before serving:

Preheat oven to 325 degrees. Arrange sweet potatoes in well-greased large shallow casserole. In medium saucepan over medium heat, heat to boiling remaining ingredients, stirring occasionally; pour over potatoes. Bake 35 minutes or until hot, basting occasionally with mixture in dish. Serves 12.

### Potato Croquettes

2 cups mashed potatoes

½ tsp. salt, pepper

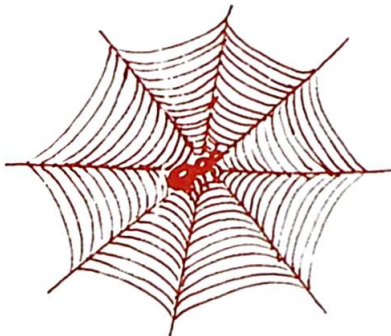
½ tsp. baking powder

¼ cup milk

1 egg yolk

2 Tbsp. flour

Mix all ingredients with fork until light. Shape as for croquettes. Roll in dried bread crumbs. Dip in egg yolk mixed with teaspoon water. Roll in bread crumbs again and fry in deep hot fat 385 degrees until brown. Drain on paper towel. Nuts can be added for extra flavor.



Spiders make their webs face South if possible

## MORE CORN

### Hashed Hominy

2 cups strained hominy  
4 well beaten eggs

butter as needed  
Salt & pepper

Brown hominy in skillet over medium heat. Use about 1 tablespoon butter or cooking oil. Put in beaten eggs with hominy. Season, then stir. Watch and when hominy gets brown it is ready to serve.

### Fritter Batter

1 cup flour  
1½ tsp. baking powder  
2 tablespoons sugar

½ cup milk  
Pinch salt  
1 egg

When frying fritters of raw vegetables or fruit, have the fat hot enough to brown a cube of bread in one minute. Mix the above ingredients and drop large spoonfull in hot grease deep enough to cover well. Turn enough to make fritter brown all over, about five minutes. Don't put in too many fritters at once.

The above batter may be used on cubes of fruit rolled in sugar (powdered is good) dip in batter and then fry.

Corn is truly great, other vegetables can be done the same.

*A weather sign: if corn shucks are thick and tougher than ordinary, there's a hard winter ahead.*

## Vegetables

### Indian Corn Meal

1 cup cream style corn (white)  
1 cup self-rising white meal

1/3 cup wesson oil  
2 eggs well beaten  
1 med. onion

½ cup sweet milk  
cup cheese  
1 pod banana pepper

Dice onion, cheese, pepper and mix with other ingredients, Season to taste. Bake at 375 degrees – cook 30-40 min. Cool and slice. Can be wrapped in foil and put in freezer.

Indians can tell weather by an old straw hat. If when they pull on the straw it squeeks it is a sign of rain. If no sound is made it will be fair weather.

### Pumpkin

I-Ya

Cut ripe pumpkin in rings, remove the peeling, hang on a stick before the fire near enough to dry slowly. This may be stored until ready for use. To prepare it should be washed and cooked any way you like pumpkin. The Indians oftimes ate it dried.



## Vegetables

### Cabbage Rolls

1 cup cooked tomatoes  
½ cup cooked rice  
2 tsp. salt  
1 large head cabbage  
2 Tbsp. brown sugar

1 lb. hamburger  
1 cup thin milk  
½ tsp. pepper

Cook rice. Remove leaves from cabbage, immerse them in hot water. Wipe dry. Mix meat, milk, add seasonings and rice. Make small rolls of meat put in cabbage leaves and roll. Secure with toothpick. Pack cabbage rolls in kettle and cover with large can of tomatoes. Cook covered slow heat for about 2 hours.

### Dandelion Greens

They can be used until they bloom. Pick over carefully wash in salt water and rinse in several waters. Put in boiling water with a piece of salt pork. Boil 1 hour. Drain well, add salt and boil another two hours. When well done and tender turn into colander and drain.

### *Rain forecast*

*The moon, her face it red be  
Of water speaks she*

### *InCantation – Facing Waning Moon*

*Like the moon from day to day  
Let my sorrows wear away*

## **MEATS**

### **Locust**

V-Le

Gather locust (cicada) at night, then pick up those out of shell, remove shell from others. Do not let sunshine on them or they will spoil. Wash and then fry in a small amount of grease. Eat hot or cold.

### **Ground Hog**

O-Ga-Na

Clean a nice fat groundhog and par-boil until tender. Remove, sprinkle all over with salt, pepper and red pepper. Bake before fire or in oven.

### **Opossum**

Cook like ground hog. Remember these are greasy eat only small amount.

### **Frogs (Knee Deeps)**

Du-S-Du

Catch frogs early - scald - skin - par-boil. Cook them like other meats.

### **Raccoon**

Clean coon, par boil in plain water with plenty of red pepper. When tender remove from pot, add salt and pepper. Bake in oven until brown.

What a true saying it is the "Appetite furnishes the best sauce"

Typee

## **MEATS**

### **Yellow Jacket Soup**

Gather ground-dwelling yellowjackets whole comb early in the morning. Place over heat right side up to loosen grubs. Remove grubs. Place comb over heat again until the cover parches. Remove and pick out the yellow jackets and brown in oven. Make soup by boiling in water and season with grease and salt.

### **Frogs (Toads)**

Wi-Lo-Si

Catch early frogs, twist off heads, peel off skin while holding under running water or meat will become bitter. Parboil and then cook like any other meat.

### **Birds**

Ge-S-Qua

Clean bird and leave as whole as possible. Run stick through it and roast before the fire. This is good served with mush.

### **Pheasant**

Gu-Que

Dress pheasant, put on a stick before the fire or over hot coals and roast until brown. Put browned pheasant in pot of water and boil until well done, thicken soup with cornmeal and season with salt.

Lo' the poor Indian! Whose untutor'd mind Sees God in clouds or hears him in the wind.

Essay on Man—Pope

## MEATS

### Quail on Toast

6 Quails

1 Tbsp butter      1 Tbsp. water      Juice from 1 lemon

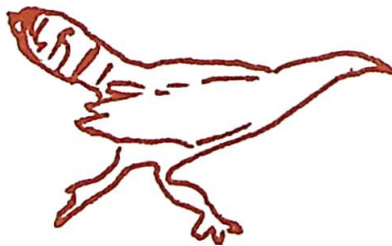
6 slices homemade bread toasted

Lemon sliced      Parsley      6 slices bacon

Pick, singe, clean and wipe the quails. Butter the inside of each quail and sprinkle with salt and pepper. Rub the butter lightly on the outside and wrap a thin slice of bacon around each bird. Melt the butter in the roasting pan. Add birds; cook in oven 20 to 30 minutes. Place birds on hot buttered toast. Add to gravy a little butter, a tablespoon water, and the lemon juice. Strain and pour over the breasts of the birds. Garnish with parsley and lemon.

### Bird or Squab on toast

Clean and split birds down the back to make four portions. Salt, pepper and rub with butter and lemon juice. Pin on thin slice of bacon with toothpick and place in roaster. Broil on both side in oven. Serve on buttered toast with french fried potatoes and a green salad. Such as water cress.





## MEATS

### Rabbit

A pair of young rabbits	1 minced onion
2 tomatoes	2 Tbsp. flour
Bay leaf	sprig of thyme
1 qt. beef stock	salt
pepper	green pepper
(chives can be used instead of onion)	

Clean and cut rabbits into pieces. Let stand over night in vinegar and onions, thyme, parsley, whole spice, salt and pepper and green or hot pepper. When ready to prepare rabbit remove from liquid, rinse and dry, then fry on all sides. Brown onion in flour, then add tomatoes. Let smother well before adding hot stock. Let come to a boil and simmer for one-hour or more, in all other seasonings. Good served with a potatoe croquette.



### Roast Turkey

Pre-heat oven to 325 degrees, make stuffing. Remove giblets from 14-16 lb. turkey. Clean turkey, stuff neck cavity of turkey lightly, skewer neck skin to back. Most wing tips are tough so cut off unless you wish to make picture. Also remove and boil drumsticks they take longer to cook. Place turkey breast-side up. Insert thermometer in center of thigh next to body. Butter and baste occasionally with pan dripping. When turkey turns golden cover with foil tent. Thermometer should read 180 degrees when done. Thigh moves easily or almost comes out. Slice and serve. Drippings make good gravy.

## MEATS

### Venison Roast (Deer)

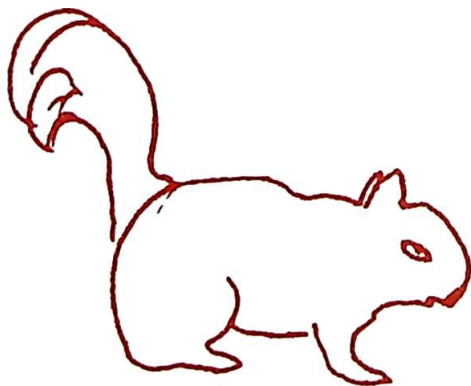
Select boneless roast (4-6 pounds) Slit sides and top at 3 inch intervals and stuff with pieces of chopped onion, bay leaf; salt and pepper; ground cloves and all spice. Pour vinegar enough to cover meat, leave in a covered dish 12 hours or more. To cook, lift out meat, coat with lard and flour and brown on both sides quickly. Pour on the same vinegar, cover and cook 20 minutes to the pound. Slice and serve hot or cold.

### Rabbit or Squirrel

Soak over-night in salted water of one part vinegar to one part water. Stew or fry in the same manner as chicken.

### Baked Squirrel Sa-Lo-Li

Dress freshly killed squirrel to do this the squirrel was thrown in the fire to singe today a rolled newspaper lit and held under the animal will singe nicely (keep it outdoors of course). Now wash and scrub off hair this was once done with the ashes from the fire. Wash again and when thoroughly scraped and clean and innards removed, rub with lard inside and out. The Indians rubbed the animal with wood ashes until it was white. This may be baked before an open fire or placed in an oven until brown. The Indian would stew or fry the squirrel so as to have grease with which to make a gravy. This gravy was of course made with cornmeal.



## MEATS

### Casserole of Quail

6 quails quartered  
2 tbsp. dry sherry  
¼ cup butter  
¼ cup butter  
½ cup diced onion

½ cup celery  
1 tbsp. cornstarch  
1 cup chicken bouillon

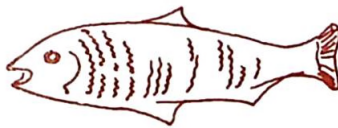
Saute quail in butter for 10 minutes. Remove quail and saute onion and the celery in butter remaining in the pan for about 5 minutes. Add cornstarch dissolved in bouillon and cook, stir constantly, until thickened. Stir in sherry. Arrange quail in shallow casserole and pour sauce over them. Sprinkle with 2 tablespoons of chopped parsley. Bake in 350 degrees oven for 15 minutes. Serves six.

### Barbecued Fish

### A-Su-Nu Ta-A

### A-Gu-Di

Cut fish into strips or chunks, string on pieces of sharpened sticks hang over fire. Turn often. Keep before fire until fish no longer drips. Hang on thongs of leather or grass.



### Quail

### Gu-Que

Dress bird, put on a stick before the fire or over hot coals and roast real brown. Put browned bird into a pot of water and boil until well done, thicken soup with cornmeal. Season with salt.

## Meats

### Indian Chili

1 lb. ground beef	2 cans tomatoes
salt and pepper	½ tsp. sugar
2 cans red kidney beans	1 onion
1 Tbsp. chili powder	

Cook onion in 2 Tbsp. fat. Add beef and stir constantly until separated well -- add tomatoes, salt, sugar and pepper. Cook until tomatoes are cooked to pieces and mixture is thick. Add chili powder, and beans. Let simmer awhile. Serve with cheese, pickles and crackers.

Althia Allison

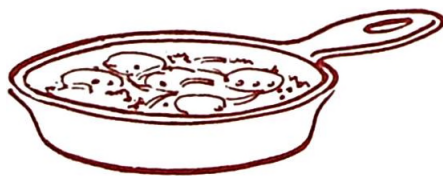
### Six Course Dinner

Season each layer:

1. Slice potatoes very thin
2. Slice onion
3. Slice green pepper
4. ½ cup dry rice
5. 2 lbs. hamburger brown in skillet
6. Tomato juice

Layer these in baking dish, pour tomato juice over all until you can see it. Bake moderate oven 1 hour. Covered.

Bertha Craig



## JAMS & JELLIES

### Peach-Plum

Wash, peel and pit 4 cups peaches and 5 cups red plums. Cut fruit into small pieces, and put in large kettle. Add 8 cups sugar and one thinly sliced lemon stir well. Boil rapidly, stir constantly until jellying point is reached, or very thick. Remove from heat, skim and stir alternately for 5 minutes. Ladle into hot jars; seal. Yield 12 half pints. Wonderful flavor.

### Corn Cob Jelly

Boil 12 bright red corn cobs in 3 pints water for 30 minutes. Remove from heat and strain. If needed, add enough water to make 3 cups liquid. Add one package fruit pectin and bring to boil. Add 3 cups sugar and boil 2-3 minutes until jelly stage. Tastes like apple jelly and is red in color.

### Apple Butter

Cook slowly for 30 minutes 8 cups of apples, 5 cups sugar,  $\frac{1}{2}$  cup vinegar,  $\frac{1}{2}$  pound of red cinnamon candy. Put in hot sterile jars and seal.

### Sassafras Jelly

Put 2 cups of strong sassafras tea in a pan. Add one package of powdered pectin. Bring to slight boil. Add 3 cups strained honey and 2 tablespoons of sassafras root bark that has been grated to fine powder. Simmer 6 minutes. Put in hot jelly glasses and cover.

Mrs. Critzer makes delicious jellies. They are for sale at the Coolwater gift shop.



## Medicine Man Remedies

Snake bites  
Boils  
Burns  
Warts  
Coughs  
Asthma  
Bee sting-sores  
Toothaches  
Blood remedies  
Skin trouble  
Sore mouth  
Stomach aches  
Chills  
Earaches  
Jaundice  
Colds  
Sore eyes  
Sore throats  
Hiccoughs  
Constipation  
Broken bones

Red Elm  
Wild grapes  
Oak bark  
Milk weed  
Chestnut  
Mints  
Mullen-Poultice  
Prickley ash  
Sassafras  
Blk. willow  
Wild iris  
Golden seal  
Snake root  
Tobacco smoke  
Wild fruit  
Wild ginger  
Yellow root  
Elm bark tea  
Wild cherry tea  
Seeds of bladder nut  
Bone set

T.B.  
Heartburn  
Colic  
Hives  
Slobbering  
Poison Ivy  
Boils  
Vomiting  
Colds  
Typhoid  
Backache

Golden rod  
Elder  
Ginseng  
Ground Ivy  
Bull Nettle  
Ragweed  
Peach leaves  
Beech Bark  
Wild Cherry  
Rat Bane  
Spignet

Tea-stalk & leaves  
Tea-bark  
Tea-roots  
Tea-stem & leaves  
String beads  
Heat leaves rub on  
Poultice of leaf  
Make tea  
Tea of bark  
Tea leaves & bark  
tea of roots

## Preparation of Herbs

Herbs are used for medicine, flavoring foods, or in beauty aids.

The French upon tasting Indian cooking in Old New Orleans, found some seasonings that they quickly adopted: Such as File which is sassafras leaves.

Gather flowers in Summer.

Gather leaves and bark in spring.

Gather roots in Spring and Fall.

Clean carefully before drying and make sure they are crisp before storing.

Oven drying -- use baking sheet -- 200 degrees oven and stir often.

Outdoor drying -- spread on screen -- air must flow through. Dry in hot sun quickly as possible (3-4 days)

Store--crush into powder-- place in jars -- tighten cover and label.

Roots -- wash carefully -- slice -- allow plenty of time and make sure they are thoroughly dry -- store in tight containers.

Seeds -- Dry on thin cloth or paper -- turn often -- Store in tight container.

All must be dry or they will mold. They must be sealed tight as mice and worms get into them.

*The American Indian independently  
invented farming, and their women were the  
first farmers in this country.*

## DESSERTS

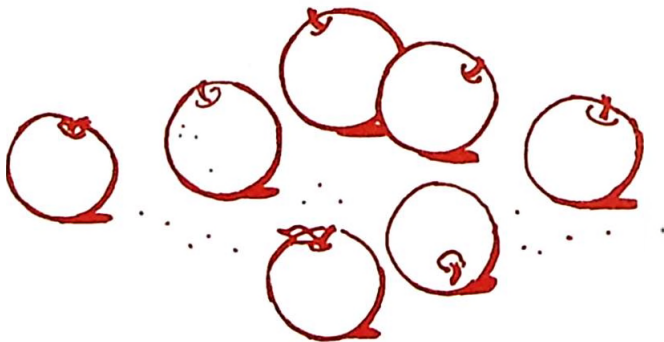
### Orange Potato Bread 1 Loaf

2¾ cup sifted all purpose flour	1 cup sugar
2½ tsp. baking powder	1 tsp. soda
¾ tsp. salt	1 egg
1 tbsp. salad oil	½ tsp. vanilla
1¼ cups fresh orange juice	1 tbsp. grated orange rind
2/3 cups riced cooked potatoes	½ cup chopped nuts

In large bowl sift together flour, sugar, baking powder, baking soda and salt. In small bowl, beat together egg, oil, orange juice, orange rind and vanilla. Stir in prepared potatoes. Add orange mixture all at once to dry ingredients and stir to mix well; sift in nuts. Turn into greased 9x5x3 loaf pan. Bake in 325 oven 60 min. until cake tester inserted comes out clean. Cool 10 min. Remove from pan and cool completely.

### Deep Dish Apple Crisp

Peel and slice firm, tart apples, put slices in large pie plate until full. Topping: Beat two eggs and 1 cup sugar together, add 2 tbsp. melted butter. Beat well. Fold in 1 cup sifted flour, with 1 tsp. baking powder and ½ tsp. salt. Add 1 tsp. baking powder and ½ tsp. salt. Add 1 tsp. vanilla. Spread mixture over apples and bake. 350 degrees until the apples are done and top crisp. 45 min.





## Desserts

### Stacked Fruit Cake Mrs. Homer Burgess

1 cup butter or crisco  
2 cups sugar  
2 eggs  
½ cup milk

2 cups flour  
4 tsp. Baking powder  
½ tsp. nutmeg  
1 tsp. vanilla

Cream shortening, add sugar and cream again. Add eggs and mix well. Sift flour baking powder and nutmeg. Add to first mixture alternating with milk. Add vanilla. Knead in more flour to make stiff dough. Separate dough into twelve equal portions and roll out each one ¼ inch thick. Pat into cake pans and bake in 450 degrees oven. Set layers aside to cool.

Take 1 quart of sweetened applesauce (or more if needed.) Add ½ tsp. allspice and ½ tsp. cinnamon. Mix well and put this mixture between your cookie layers and stack.

*It is interesting to note that the Indians claim this as their very own. After a little inquiry, I found that a very dear cook from Germany cooked at the school and gave them this good tasting recipe long ago.*



Rings of growth are wider  
on North Side of trees

## Desserts

What recipe book is ever without a recipe for making pound cake?

### Pound Cake Polly Simmons

3 cups white sugar  
5 large eggs  
2 tsp. lemon extract  
 $\frac{1}{2}$  tsp. baking powder  
3 cups plain flour (sift 3 times)  
1 to  $1\frac{1}{2}$  cups sweet milk

$\frac{1}{2}$  lb. butter  
8 tbsp. crisco  
1 tsp. vanilla  
dash salt

Cream butter, crisco, sugar and salt. Add eggs one at a time, beating well after each addition. Add milk and flour alternately. Reserve a little milk and mix baking powder in same and add to flour batter. Add extracts. Bake in greased floured tube pan at 350 degrees for 1 hour and 20 minutes. Cool 5 minutes before removing cake from pan. Cake can be iced with your favorite icing or is delicious plain.

### Fried Apple Rings

Cut tart apple in rings about  $\frac{1}{2}$  inch wide. Remove core. Sprinkle both sides of apple slices with 2 tablespoons sugar. Cook in  $\frac{1}{8}$  inch hot fat on low heat until tender and glazed (5 min.) A large heavy skillet may take longer.



The tips of evergreen trees  
usually point East

## Quick Cake

1 box cake mix

Rub butter around a 9x13 pan. Dump in the peaches sweeten if necessary, sprinkle the cake mix all over the top take spoon and moisten with juice. Put dabs of butter all over the top. Bake 350 degrees for about 1 hour.

1 cup chopped pecans

22-24 graham crackers

Melt sugar and butter over medium heat until bubbly, cook 4 minutes. Mix in pecans and pour over layer of crackers. Bake 400 degrees. Cut into strips.

2 cups water

4 tbsp. butter

1 cup sugar

a favorite spice

Generously grease 2 quart baking dish. Put all ingredients into dish. Mix well, dot with butter. Bake at 350 degrees for 35-40 minutes.

## Eagles Nest

## Desserts

### Baked Apple    Su-Ga-Ta

Pick ripe apples. Cover the apples with hot ashes and live coals, cook until as soft as you want them.

### Dried Apples    Oo-Ni-Ka-Ya

Peel and quarter ripe apples, or slice and dry in the sun. Cook the dried apples until done. Some enjoy them without cooking. If the cooked apple needs to be thickened, add cornmeal and cook meal done. These apples are good as fried pies.

### Blueberry Sponge

1 envelope gelatin	$\frac{1}{4}$ cup cold water
1 pint blueberries	$\frac{1}{4}$ cup sugar
pinch salt	1 tbsp. lemon juice
2 egg whites beaten stiff	

Soften gelatin in water. Wash berries thoroughly and crush 1 cup. Bring berries to boil, add gelatin, sugar, salt, lemon and stir until gelatin is dissolved. Chill until partially thickened. Fold in remaining berries and egg whites. Chill in individual molds or dessert dishes.



## Desserts

### Indian Pudding

A favorite for Thanksgiving dinner.

1 quart milk	5 tbsp. cornmeal
$\frac{1}{2}$ cup molasses	1 tsp. ginger
2 eggs	1 cup cold milk
1 tsp. salt	

Scald one quart milk in double boiler, to the hot milk gradually add the cornmeal. Cook 15 minutes, stir constantly. Add molasses, salt, ginger and well beaten eggs. Pour into buttered baking dish, put in cold milk just before putting into oven. Stir only slightly. Place dish in pan of hot water and bake 2 hours in moderate oven. Stir occasionally. This pudding should whey and will not do so if baked too fast. Serve hot or cold or topped with whipped cream or ice cream.

Eagles Nest Cherokee  
Willie Stevenson

### Never Fail Egg Custard

1 cup milk	$\frac{2}{3}$ cups sugar
$\frac{1}{8}$ tsp. salt	2 egg whites
3 tbsp. melted butter	2 egg yolks
1 tbsp. flour	Vanilla

Melt butter, add sugar, flavoring, flour, salt, milk, egg yolks, mix well. Fold in stiffly beaten egg whites, pour into unbaked pie shell. Cook for 30 minutes in 350 degree oven.

Eagles Nest Cherokee

## FRUITS

### Rhubarb Pie

2 cups cooked and cooled Rhubarb  
2 egg yolks  
1 tbsp. cornstarch

½ cup milk  
1 cup sugar

Mix ingredients and stir well. Put in unbaked pie shell, dot with butter and bake until firm. Top with egg whites beaten stiff with ¼ cup sugar. Brown in oven. Bake at 350 degrees.

### Apple Slices

These freeze well

1 pkg. pie crust mix  
1 tsp. lemon juice  
1 tbsp. lemon juice  
Confectioners' sugar icing

2 egg yolks  
2 jars pie filling  
dash nutmeg

Add egg yolk and lemon juice to pie crust mix and use ¼ cup water in mix. Pat out a little more than half the dough to line a shallow 9 x 13 pan. Spread pie filling in pan and sprinkle with lemon juice and nutmeg. Make lattice strips of remaining dough to decorate tops of slices. Crimp edges and cut design for steam to escape. Bake 450 degrees for 25 minutes. Dribble icing over pastry while warm. Moisten sugar with milk to make it run. Cool cut in squares (other pie fillings such as peach, cherry etc. may be used.)

Indian tobacco – An American wild lobelia with blue flowers and inflated capsules - a wild tobacco.

## **Fruits**

### **Persimmon Pudding**

1 $\frac{3}{4}$ cups buttermilk	2 eggs
$\frac{1}{4}$ lb. butter	2 cups sugar
2 cups flour	2 cups persimmons

Press enough persimmons through a colander to make 2 cups. In another bowl beat eggs, add milk, sugar and melted butter, now the flour and persimmons. Mix well, pour into 9x12 baking dish. Bake 400 degrees until even brown.

Eagles Nest Gift Shop

### **Huckleberry Pie**

1 cup sugar to 2 cups berries

Pour this mixture on pie crust then cover with top crust. Bake in 450 degree oven about 15 minutes, or until brown.

### **Fancy Persimmon Pudding**

2 cup persimmon pulp	Tbsp. butter
1 $\frac{1}{4}$ cup flour	1 tsp. soda
$\frac{1}{4}$ cup milk	1 tsp. vanilla juice
rind of lemon	1 cup sugar
1 egg well beaten	2 tbsp. hot water
juice of orange	

Sift flour, baking soda, stir into persimmon pulp. Add, milk, butter and vanilla. Pour into a well greased mold. Cover and steam for 2 hours. Into top of double boiler put beaten egg, lemon and orange juice and lemon rind hot water and sugar and cook over water until creamy. Serve sauce over the steaming pudding.

## Puddings

### Molasses Bread Pudding

8 slices old bread cubed	
2 eggs	3 tbsp. sugar
salt	3 tbsp. molasses (thick)
2 tbsp. butter melted	2 cups scalded milk

Arrange bread cubes in a well-greased baking dish. Beat eggs, molasses, sugar and salt together. Add milk and butter. Pour over bread cubes. Place in pan of hot water and bake in moderate oven (350 degrees) one hour or until firm. Top with whipped cream. Serves 6. Raisins may be added but increase milk to 2½ cups.

### Sausage Cake

1 pint black coffee	1 tbsp. soda
1 lb. fresh mild sausage	1 box raisins
1 cup English walnuts	1 box brown sugar
1 tsp. cinnamon, all-spice, cloves, nutmeg.	
Enough flour to thicken.	

Put sausage in pan to simmer until grease seeps out. Drain and add all the other ingredients. Bake 1½ hours at 250 degrees.

Ann Calhoun  
The Mocassin Shop



## **SOUPS**

### **Potato Soup** **Nu-Nu-Co-Ga-Ma**

Peel white potatoes and cut them into small pieces. Boil in water with onion until potatoes and an onion smash easily. After mashing add some fresh milk and reheat mixture. Season if desired. Best eaten hot.

### **Meat Skin Soup**

Boil any kind of meat skins until done. Bake or roast until brown. Put in kettle of water with salt and boil until flavor is right. Thicken with cornmeal. Cook until cornmeal is done.

### **Egg Soup** **We-Gi**

Beat eggs-chicken or bird-slightly and pour into boiling water. Season with salt and grease, meat if you have it. Serve hot with mush.

### **Noodles**

1 egg                      ½ cup flour                      ¼ teaspoon salt

Beat egg with flour and salt. Work until smooth. Place on well floured dough board. Roll out with floured rolling pin until very very thin. Cut into 4 inch strips - flour - and place on top of each other after they have laid out in warm air (near oven) and become dry and stiff, then slice the stack of strips into 1/8 inch by 4 inch strips. Very dry before use. Dust with flour. Later drop these into beef or chicken broth, cook 25 min. If broth is not rich add butter.

## SOUPS

### Turtle Soup

1½ lb. turtle meat  
1 tbsp. crisco  
1 can tomato sauce  
2 boiled eggs  
1 tsp. ground cloves  
½ tsp. nutmeg  
½ sliced lemon

1 tbsp. flour  
small chopped onion  
Stock in which  
turtle was cooked  
1 tsp. cinnamon  
1 glass fruit juice

Clean and cut turtle in small pieces. Boil in salt water until very tender. Cut in smaller pieces when removing bones. Brown flour over low heat in the crisco add chopped onion and brown.

Mash two hard-cooked egg yolks with cloves, cinnamon and nutmeg. Blend well and pour into the tomato sauce. Then pour this into pot containing meat and stock. Boil about 40 minutes, simmer 20 minutes longer with wine or fruit juice, lemon and hint of garlic. Add cooked whites of egg sliced thin. Season again to taste.

### Fish Soup

A-Gudi-Oo-Ga-Ma

Clean and bake fish very brown. Put into a pot of water and cook until done. Serve with mush.



## SOUPS

### Hominy Soup

Gv-No-He-Nv-A-Ma-Gi-I

Put wood ashes lye into a pot, add water and bring to boil. Add corn and stir until grain turns yellow. Pour into sieve basket to remove excess lye. Pound grains in corn beater until all grains are cracked several times. Sieve this cracked corn to remove bran. Winnowing in flat baskets was often used. Put grits left from sieving into boiling water. Cook briskly until soft. Drink fresh, hot or cold, or wait for it to ferment. (Lye recipe on page 58).



### Hickory Nut Soup

Ga-Nu-Ge

Gather hickory nuts or scalybarks and dry on a rack before the fire. When nuts are dry, crack them by using a large flat rock placed in a flat basket lined with a cloth. Use smaller rock to pound the nuts placed on the larger rock. When nuts are cracked sieve them through sieve basket. Place kernels and small hulls that passed through sieve in the corn beater and pound until it can be made into balls. Roll into balls until ready for use. Ball will keep several days if weather is not too warm.

Place balls in container pour boiling water over, stir constantly. Do not drink the last bit where hulls are.



## SOUPS

### Spring Soup

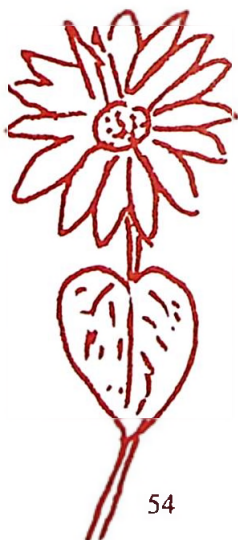
- |                                     |                  |
|-------------------------------------|------------------|
| 1 med. onion                        | 1 tbsp. butter   |
| 1 med potato                        | 1 slice carrot   |
| $\frac{3}{4}$ tsp. salt             | 3 cups water     |
| 1 can 6 oz. tomato paste            |                  |
| 1½ cups chicken broth               | 2 tbsp. raw rice |
| 1 cup cut water cress firmly packed |                  |

Cook onion slowly in butter until delicately browned. Add everything but water cress. Simmer, stirring occasionally, for 45 minutes. Add water cress and boil 5 minutes longer. A piece of watercress makes a nice garnish. Goes well with roast beef.

### Sunflower Seed Soup

- |                                |                              |
|--------------------------------|------------------------------|
| 2 cups shelled sunflowers seed |                              |
| 3 scallion sliced              | 6 cups water                 |
| 1 tsp. salt                    | 2 pkg. instant chicken broth |

Simmer all ingredients 45 minutes. Serve hot.



## TEAS

### Punch

About 25 minutes before serving

In covered, large saucepan over low heat, heat 32 ounce bottles apple juice, 6 whole cloves and 3 whole medium sticks of cinnamon until hot, but not boiling, about 15 minutes. Serve in warmed punch bowl; garnish with 1 orange thinly sliced. Makes 9 cups (or 18 demi-tasse).

### Molasses Milk Shake

1 tbsp. thick molasses

1 cup milk (cold)

Cinnamon

Combine molasses, milk, dash cinnamon. Shake well. Serves 1.

### Molasses Egg Nog

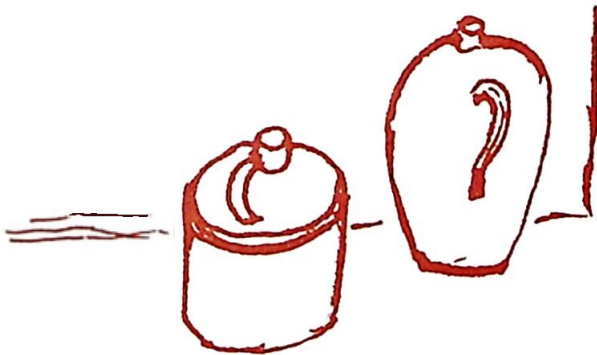
1 egg separated

2 tsp. molasses

1 cup cold milk

salt and nutmeg

Beat egg yolk; add molasses; mix well. Add milk, salt and nutmeg (few grains). Beat egg whites stiff. Fold in. Serve at once. Serves 1.



## **TEAS**

### **Hominy Corn Drink**

Gv-No-Tle-Nv

Shell corn, soak in lye until the skin can be removed. Beat corn in the beater until size of hominy. Sift meal from the husk particles. Cook corn particles until done. Drink hot or cold or wait until it sours. This will keep except in very hot weather. This was the customary drink to serve to friends who stopped in for a visit.

### **Red Sumach Drink**

Qua-lo-ga

This drink was traditional with the Cherokee. The berries are shelled off and rubbed gently between the palms of the hands, being careful not to crush the berries but only the spines, drop into water, strain, sweeten to taste, cool and serve.

### **Sassafras Tea**

Ga-Na-S-Da-Tsi

Gather and wash the roots of the red sassafras. Do this in the early spring before the sap rises. Store for future use. To make tea, boil a few of the pieces of roots. Serve hot. Sweeten if desired. Boiled roots may be used again until the strength is gone.

A fine tonic. Sassafras leaves are variable in shape, but uniformly soft and aromatic. Male trees bear yellow green flowers, female trees have fleshy fruit on bright red stems.

## TEAS

### Possum Grape Drink Oo-Ni-Na-Su-Ga Oo-Ga-Me

Gather ripe possum grapes - the kind that are still sour after they ripen when the frost has fallen on them. Hang up for winter use. To prepare, shell off the grapes from the stems, wash, stew them in water. When they are thoroughly cooked mash them in the same water, let this sit until the seeds settle. Strain off the juice. Bring juice to a boil and thicken with a little cornmeal. Continue cooking until meal is done. Serve hot or cold. Sweeten if desired.

### Peppermint Tea

Gather peppermint -- the kind that grows along the branches. Crush the leaves, pour boiling water over them and serve hot. Sweeten to taste.

### Honey Locust Drink

Gather honey locust beans when they are ripe, strip them in half lengthwise, soak in hot (not boiling) water for awhile, strain this through a cloth. Strained juice may be served hot or cold. Sweeten to taste.



## Lye Recipe

### Wood Ashes Lye

Put hardwood ashes into a bucket or any container that has holes in the bottom (not aluminum). Pour water over the ashes, catch the drippings in any kind of vessel (except tin or aluminum) Pottery or gourds are good for catching the lye drippings. Wood ashes lye is very strong and care should be taken that it does not touch the skin.

### Lye Dumplings

Di-Gu-Nu-I

Mix enough wood ashes lye with corn meal to make it begin to turn yellow, add boiling water to make it to a mixture that will easily form balls or pones. Make balls and drop into boiling water, cook until done. DO NOT SALT as it will cause dumplings to crumble. Serve hot with grease.

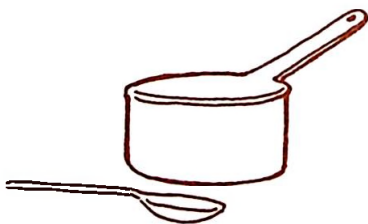
### White Sauce

2 tbsp. butter  
salt, pepper

2 tbsp. flour  
1 cup milk

Melt butter in sauce pan (mod. heat). Blend in flour, salt, pepper. Pour milk in and stir continuously until sauce thickens and becomes smooth.

You can thicken with more flour, or season with broth, onion, catsup etc.





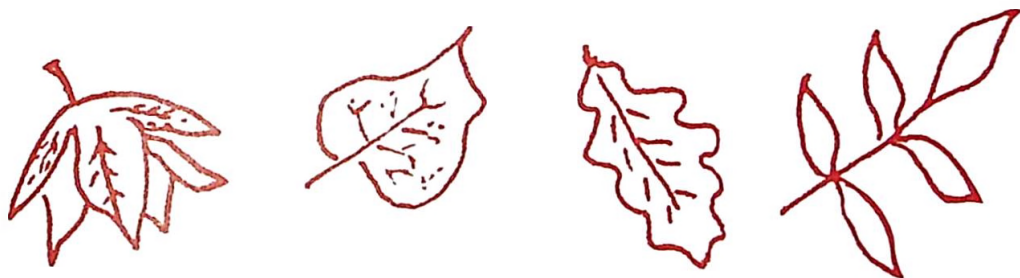
## Indian Sayings

May the warm winds of heaven

Blow softly on this house

May the Great Spirit

Bless all who enter here



## Oh Great Spirit

Grant that I may never

find fault with my neighbor

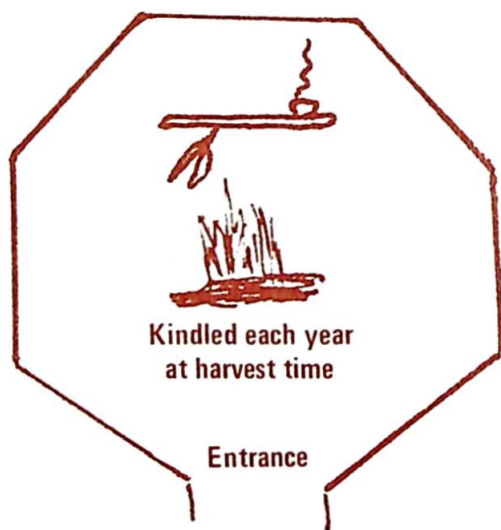
Until I have walked three moons

In his moccasins

# Indians Sayings

May your mocassins make  
Happy tracks in many  
snows

And the rainbow always  
touch your shoulder



Seven Sided  
Council House  
of the  
Cherokee

## Seven Cherokee Clans

Bird	Paint
Deer	Wolf
Long Hair	Blue
	Wild Potato

## Table of Contents

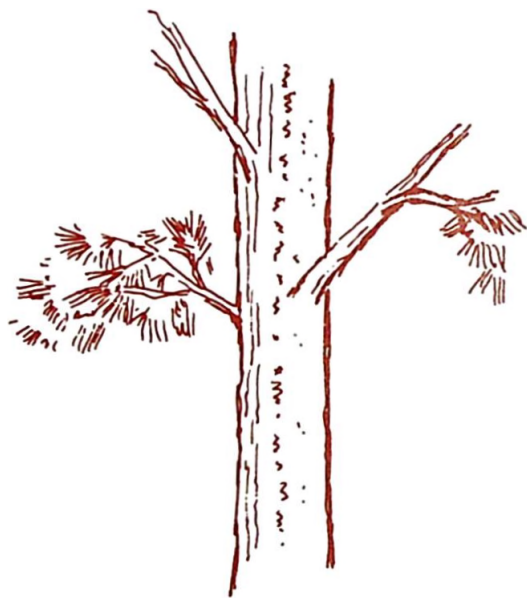
	PAGE
BEVERAGES .....	55-57
BREAD CORNMEAL STUFFINGS .....	8
CAKES PUDDINGS DESSERTS .....	42-50
HERBS – REMEDIES .....	40-41
INDIAN FOOD SUPPLY LIST .....	3
JAMS – JELLIES .....	39
LYE .....	58
MEATS .....	32-38
RELISHES .....	14-16
SOUPS .....	51-54
VEGETABLES .....	17-31
 LEGEND OF CORN .....	 5

Christopher Columbus found corn, maize and it turned out to be the real gold we all needed. It would take another book to tell how we use corn today, it is grown everywhere, and one of the four most important crops.

The writing of this book has given me much fun and pleasure; please let me thank my friends especially those in Cherokee for encouraging me to do so.

Frances Lambert Whisler  
3405 Kelly's Ferry Rd.  
Chattanooga, Tenn. 37419





Moss is thicker and greener  
on North side of trees

# Notes

To the Indian, and students, the Indian cultures of middle America are just as valid, just as legitimate as if they were pure Indian even though mixed origin. Discovery of these old ways of life is rewarding.







# INDIAN COOKIN'

